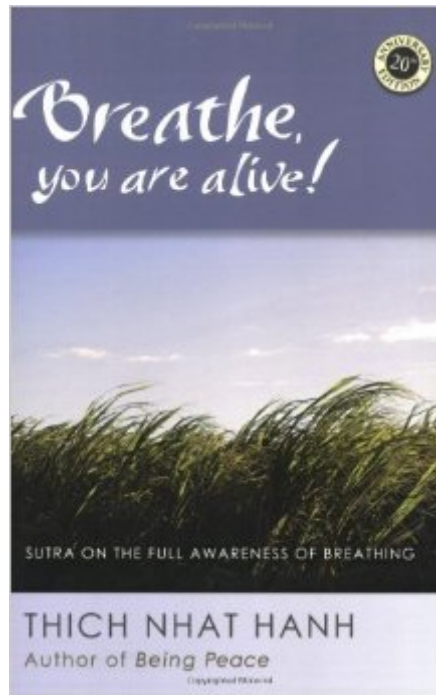


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# Breathe, You Are Alive: The Sutra On The Full Awareness Of Breathing



## Synopsis

According to the Buddha's teaching in the Anapanasati Sutra, maintaining awareness of our breathing is a means of awakening to the true nature of all things and arriving at spiritual liberation. *Breathe, You Are Alive* outlines 16 exercises of conscious breathing that were taught by the Buddha, together with commentaries and further exercises for practicing them every day and in any situation. Thich Nhat Hanh's insights and explanation give the reader access to the profound nourishment available when we slow down and get in touch with our in-breath and out-breath. He walks the reader through the progression of exercises "from awareness of the physical plane, to the mental and spiritual planes" in a clear and concise manner that is easy to implement. This 20th anniversary edition includes Thich Nhat Hanh's most recent commentaries and practices on the awareness of breathing meditation, as well as his "Breathing and Walking" Gatha (practice verse) set to music.

## Book Information

Paperback: 160 pages

Publisher: Parallax Press; 20th anniversary edition (July 10, 2008)

Language: English

ISBN-10: 1888375841

ISBN-13: 978-1888375848

Product Dimensions: 5.4 x 0.4 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #92,316 in Books (See Top 100 in Books) #86 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #117 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#) #20447 in [Books > Religion & Spirituality](#)

## Customer Reviews

This is a seminal book in my collection of inspirational and instructional books on meditation and mindfulness. Though I had been meditating for years when I first opened this book, I had not yet made the connection between being mindful breath and meditation. This book introduced me to a level of stillness and awareness that I had not encountered before in my practice. Thich Nhat Hanh's gentle spirit and voice comes through his writing and can melt even the most anxious mind. I have a large collection of his books and savor every word of every one. I see that he has a new

book coming out. I will be ordering that one too.

Thich Nhat Hanh provides the entirety of the Dharma within the practice of following the breath. I previously thought of this practice as a way to calm my mind so I can then begin some other meditative work. I see now that following the breath can take me to the entirety of the Dharma. I highly recommend this book.

From the first to last page, this is something all Buddhists/Meditators should read. Thich Nhat Hanh teaches the lessons of the Anapanasati Sutra so well, it should inspire anyone who picks this book up to new levels of Meditation and Mindfulness. I could go on and on..just get this book and learn from it.BTW, This book is, more or less the Companion to "Transformation and Healing: Sutra on the Four Establishments of Mindfulness". Both of these Sutras represent part of the core of Buddhist thought.

Like all books by Thich Nhat Hanh, this is both a down-to-earth how-to manual and a spiritual treatise of overwhelming beauty. The author speaks (almost all of his books are transcriptions of spoken lessons or conferences) in a style that is both plain and lyrical. The beginning of the book is a long quotation from the Buddha, which the author spends the rest of the book explaining. For some, this may seem repetitive--even boring. However, the reader who elects to follow the author on this winding road finds that the repetitions serve to plant the practice more deeply--and almost effortlessly so!! I recommend this book--and any of Thich Nhat Hanh's books--to those who seek a deepening of meditation practice or inner peace.

This book was highly informative and gave practical exercises which could be implemented by most everyone, especially Buddhists.

Lacking depth and content; very superficial overview. There are much better books that explain the method of meditation described in the Anapanasati Sutta more completely. For a comprehensive, practical guide written from a Westerner's decades of experience, I'd read Larry Rosenberg's *Breath by Breath: The Liberating Practice of Insight Meditation*, or Ajahn Brahm's *Mindfulness, Bliss, and Beyond: A Meditator's Handbook*. Both will get you much further than this book. For a more traditional interpretation that sticks closely to the technique as defined in the sutta, I'd read Buddhadasa Bhikkhu's *Anapanasati (Mindfulness of Breathing)* if you can find it. It's not in print

anymore, so if you can't find it, you can find PDFs of it on the Internet. If you prefer a physical book and want the same traditional explanation of the sutta but without contemporary Western discourse, pick up Buddhadasa Bhikkhu's *Mindfulness With Breathing: A Manual for Serious Beginners*, which is still being printed. Any of his other writing on Anapanasatim, like *A Handbook for a Perfect Form of Anapanasati Bhavana Meditation*, are great sources too.

We are so lucky that Thich Nhat Hanh's books and thoughts are still alive! We are so fortunate to be able to benefit from this in the times that we live in today.

This is the simplest how-to book on Buddhist practice available. I've been using it and teaching from it for 15 years. Follow the instructions here, and you'll be walking the way of Peace in the footsteps of the Buddha.

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